0.0	0	Start of route	0.0
0.0		START: Meet at York Concourse, Union Station to catch Lakeshore East train OR Meet North side of Guildwood GO inside station building by washrooms	0.0
0.0		Walk trough tunnel to South side of station	0.1
0.1		L onto Westlake Road	0.5
0.6		L onto Galloway Road	0.6
1.2		R onto Coronation Drive	0.4
1.6		Jog left/right on Poplar Road to continue on Coronation	2.7
4.3		R onto Beechgrove Drive	0.9
5.2		Pass sewage treatment plant and turn L on Waterfront Trail	4.6
9.7		L then R on bridge to cross Rouge River into Pickering.	0.1
9.9		R and L on trail after bridge	0.3
10.2		Slight L onto Bella Vista Drive then R on Rodd Ave.	0.5
10.7		Continue on Waterfront Trail	1.2
11.9		L at Park Crescent	0.3
12.2		R on Surf Avenue	0.2
12.4		R on West Shore Boulevard	0.1
12.5		L onto Waterfront Trail at Beachpoint Promenade	0.5
13.0		At circle turn L on Trail through the park	0.3
13.3		Slight R onto Breezy Drive	0.2
13.5		R onto Waterfront Trail	0.5
14.1		L onto Elvira Court	0.1
14.1		R onto Vistula Drive	0.3
14.4		R onto Waterfront Trail	0.3
14.7		R onto Bayly St	0.7
15.4		R onto St Martins Dr	0.2
15.6		L on Radom	0.3
16.0		R onto Douglas Ave. (becomes Browning)	0.7
16.7		L onto Front Road	0.4
17.1		L on Annland	0.2

	L on Annland	
17	'.1 kilometers.	+33/-94 meters

47.0	0 11 101	
17.3	Cross Liverpoool Rd.	0.4
17.7	R on laneway (South of Commerce)	0.1
17.8	Continue on Colmar Avenue	0.2
18.0	R onto Parkham Crescent	0.3
18.4	R onto Sandy Beach Road	0.2
18.5	R at parking lot Alex Robertson Park	0.1
18.6	Follow Gravel trail to Spirit Garden	0.7
19.3	Keep L on Trail	0.4
19.7	Exit and cross Sandy Beach Rd to continue on Waterfront Trail	0.9
20.6	Right/Left at Brock Rd to cross Montgomery Park Rd. and continue on Trail	1.0
21.6	Slight L crossong Montgomery Pk.Rd. to stay on Waterfront Trail	1.9
23.5	L at Rotary Park. WASHROOMS. Snacks	0.1
23.6	Continue L on Waterfront Trail	3.9
27.5	Slight L at Shoal Point Rd. to stay on Waterfront Trail	0.9
28.4	R to go around Carruthers Marsh	0.4
28.8	R at Audley to stay on Waterfront Trail	0.4
29.2	R toward Lake then L to stay on Waterfront Trail	0.5
29.7	Continue onto Ontoro Blvd	0.5
30.2	Cross Lakeridge Rd and continue on trail	8.0
31.0	L onto Halls Rd	1.0
32.0	R onto Waterfront Trail	0.9
32.9	Cross Eastbourne Beach Rd	0.4
33.3	R onto Waterfront Trail at Victoria St. West	0.8
34.1	R onto Waterfront Trail	2.7
36.7	R onto Waterfront Trail at Gordon St	0.6
37.3	R onto Waterfront Trail to go East	0.6
37.9	R onto Watson St	0.2

38.2 ■ R onto Charles St 0.2 38.4 ■ L onto Front St 0.1 38.5 ■ Slight R to continue on Trail at Brock St. 3.8 42.3 ■ L at Thickson Rd 0.2 42.5 ■ R onto Waterfront Trail 1.9 44.4 ■ Slight R to stay on Trail toward Lakeview West Park 2.5 46.9 ■ R onto Stone Street 0.8 47.8 ■ Keep L on Trail into Stone St. Park 1.0 48.8 ■ R on Trail at Ritson Rd 0.2 49.0 ■ R onTrail through Lakewoods Park 0.3 49.1 ■ R onTrail through Lakewoods Park 0.3 49.3 ■ Trail crosses Birchcliffe and Kluane 0.2 49.5 ■ R and R again towards Lakeview Park Gazebo 0.1 49.6 ■ Make a U-turn 0.1 49.7 ■ R onto Waterfront Trail 0.2 49.9 ■ Cross Lakeview Park Ave. and continue on the Trail on the North side 0.3 50.2 ■ Follow trail to Valley Drive. Cross and continue north to Oshawa Creek 0.5 50.8 ■ Cross the bridgeand turn L followig the Creek 0.6 51.3 ■ Go under Thomas St. Br			
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	56.0	L onto Thornton Rd South	0.3
56.3 • End of route 0.0	56.2	R into GO Station.	0.0
	56.3	End of route	0.0